The Six Senses Spa Pyramid symbol visually represents the inspiration and creation of the Spa experience at Six Senses Spas. The foundation of the experience is formed by three primary senses; sight, sound and touch. The second stage builds upon this experience by appealing to the more acute senses of taste and smell, with the apex symbolising the unique sensory experience of a Six Senses Spa.

This pyramid is a visual testimonial to our belief that the spa experience may only be achieved once all five senses have been nurtured.

Dear Guest,

Welcome to our Six Senses Spa at porto elounda DE LUXE RESORT

Our award-winning Six Senses Spa overlooks a spectacular expanse of the Aegean Sea and serves the three luxury resorts of Elounda SA Hotels & Resorts. The spa’s all-encompassing treatment menu blends Eastern and Western techniques with modern day rejuvenation programmes. Ranged over two levels, the expansive 23 treatment areas include an authentic Turkish hammam, the Tepidarium - a bravura space that excites all the senses, plus private Thalassotherapy Suites complete with state-of-the-art facilities to balance the senses. Additionally there is a hair salon, a Caldarium and an exclusive private spa area named the Spring Suite.

Please contact us for a complimentary spa consultation to help you customise your spa journey according to your individual needs.

Spa Manager
Locally Inspired, Page 5
- Antioxidant Facial with Bio Olive & tomato
- Red Wine Facial
- Royal Elixir
- Traditional Hammam
- Remineralize & Rejuvenate
- Natural Sunburn Soother

Sensory Therapies, Page 6
- Sensory Spa Journey
- Hand to Minds

Facial Therapies, Page 6
- Six Senses Signature Facial
  (Soothing, Purifying, Aroma Skin, Nourishing, Regenerative)

Massage Therapies, Page 7
- Six Senses Signature Massage

Bath Rituals, Page 7
- Cleopatra Bath
- Marine Salt Bath with or without Essential Oils
- Thalasso Pool Circuit

Specialist Therapies, Page 8
- Thai Herbal Compress
- Reiki
- Ear Candling
- Waxing
- Moxibustion
- Chakra Balancing with crystals

Asian Therapies, Page 8
- Thai Massage
- Tuina Massage
- Tibetan Massage
- Shiatsu Massage
- Indian Holistic Massage
- Foot Acupressure

Body Polishes & Cocoons, Page 9
- Six Senses Signature Scrub
  (Sensitive skin, Normal skin, Oily skin)
- Six Senses Signature Wrap
  (Detoxifier, Body Toner, Body Refiner)

Ready Made Packages, Page 12
- Sense of Greece
- Sense of Love (2pax)
- Sense of Balance
- Sense of De-stress
- Sense of Luxury

Mother to be, Page 12
0 – 3 months & 7 – 9 months
- Sensitive skin facial
- Radiance skin facial
- Manicure
- Pedicure
- Thalassotherapy pool circuit

3 – 7 months
- Pregnancy Massage
- Remineralize and rejuvenate
- Yogurt and brown sugar scrub with Royal jelly honey mask
- Sleep Enhancer
- Hand and feet cooling touch
- Reiki
- Yoga
- Aquayotics
- Thalassotherapy pool circuit

Sensory Spa Journey
Hand to Minds

Spa Beauty, Page 13
- Spa Manicure
- Spa Pedicure
- Nail Polish Application
- Hair Hydration

Ayurveda Aromatherapy, Page 13
- Ayurveda Aromatherapy Shirobhyang
- Ayurveda Aromatherapy Padabhyang
- Ayurveda Aromatherapy Shirodara
- Ayurveda Aromatherapy Abhyang

Asian Therapies, Page 8
- Thai Massage
- Tuina Massage
- Tibetan Massage
- Shiatsu Massage
- Indian Holistic Massage
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- Ayurveda Aromatherapy Padabhyang
- Ayurveda Aromatherapy Shirodara
- Ayurveda Aromatherapy Abhyang

Spa Beauty, Page 13
- Spa Manicure
- Spa Pedicure
- Nail Polish Application
- Hair Hydration

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- Ayurveda Aromatherapy Shirobhyang
- Ayurveda Aromatherapy Padabhyang
- Ayurveda Aromatherapy Shirodara
- Ayurveda Aromatherapy Abhyang

Activities, Page 14
- Yoga
- Meditation
- Tai Chi
- Pilates
- Personal Fitness Training Programme
LOCALLY INSPIRED
• THE ESSENCE OF SIX SENSES

By utilising ingredients, plants and herbs that are indigenous to the local area, we treasure local tradition as the very Essence of Six Senses in order to offer you a truly natural and authentic Six Senses experience.

Antioxidant Facial with Bio-Olive & Tomato, 60 minutes
Tomato, rich in lycopene and vitamin C, has a strong antioxidant effect on the skin, blocking the formation of free radicals and protecting skin from early aging. Combined with organic olive oil, this treatment nourishes and hydrates the skin, offers powerful protection and promotes skin health. Suitable for those exposed to pollution and smoke or deprived of a balanced diet.

Red Wine Facial, 60 minutes
Excellent treatment for face and eyes that offers instant firming to the skin. This therapy implements the strong antioxidant action of wine polyphenols and the intense firming action of a rich variety of seaweed. Specialized massage techniques are used on face and neck to achieve instantly visible results.

Royal Elixir, 90 minutes
Discover the luxurious, time-honored rituals practiced within the palaces of Knossos. Let yourself glide into the traditional “Bath of the Queen” - a subtle blend of goat’s milk and rosewater that will leave your skin soft, moisturized and gleaming. You will also enjoy a body scrub and complete facial with honey, propolis and royal jelly.

Traditional Hammam, 60 minutes
After a warm herbal steam treatment, guests lie on a heated marble bed where traditional olive soap is applied to the body to cleanse and prepare it for a vigorous body scrub, leaving your skin feeling soft and smooth. Afterwards, guests are encouraged to unwind in the ‘Relaxation Room’ where light refreshments are served.

Remineralize & Rejuvenate, 60 minutes
This deeply cleansing body wrap begins with an invigorating olive grains exfoliating body scrub. The synergy of Green argyle is enhanced with carefully selected plant essences to assist with decongesting the lymphatic system. A soothing body cream will revitalize and refresh, leaving the skin toned and nourished.

Natural Sunburn Soother, 30 minutes
A natural after-sun recovery treatment using fresh Aloe Vera and flower essence to treat the affected area. A refreshing cold compress, blended with lavender and camomile essential oils, will be applied to soothe any discomfort whilst you relax with a scalp or foot massage. The treatment is then completed with a cooling application of fresh Aloe Vera gel.
SENSORY THERAPIES
- THE SOUL OF SIX SENSES

Sensory Spa Journey, 90 minutes
A unique variation of a four-hands massage offered in synergy with a cleansing facial! Your two personal therapists will work in harmony to take you on a journey of the five senses and beyond. You will experience a cleansing foot bath, skin renewing treat and a truly non-traditional body aroma massage using long, smooth strokes synchronised with a customised facial, a stress-relieving scalp massage and foot mask. Your mind’s natural inclination to concentrate on your treatment will gradually disappear as this unique sequence encourages you to relinquish any stress as you enter a deep state of inner calm.

Hand to Mind, 60 minutes
This personalized hand massage treatment begins with a spa consultation, where the guest instinctively selects a “Mandala card” to determine the flower essence to be used during the treatment. A pressure points massage combined with the chosen flower essence is then performed on the meridian lines of the hands and arms to release any tension and generate a sense of deep relaxation and optimum energy flow.

FACIAL THERAPIES
- NURTURING WITH SIX SENSES

Glowing skin reflects good health and to help you achieve this, a Six Senses Signature facial will do more than simply treat the surface. Following a skin analysis, your therapist will perform a balancing facial that includes cleansing, exfoliating, massage, mask and moisturising treatment to suit your skin’s individual needs. Each treatment combines the healing properties of Six Senses Skin Care products with the power of touch to encourage lymphatic drainage and improved skin elasticity and clarity.

Your skin will feel silky-soft and delicately scented, with a complexion that is polished, toned and radiant.

Six Senses Signature Facial, 30 mins / 60 mins / 90 mins
- Soothing – calms sensitive and irritated skin with soothing plant extracts and flower essences
- Purifying – deep-cleansing facial, ideal for eliminating blocked pores and skin blemishes
- Aroma Skin – a balancing facial, ideal for all skin types
- Nourishing – moisturises and improves skin tone and elasticity, beneficial for dry or maturing skin
- Regenerative – Nourishing, hydrating and toned skin.

MASSAGE THERAPIES
- THE HEART OF SIX SENSES

At Six Senses, a massage is a truly individual journey where you will discover the power of the sense of touch in a personalised experience to harmonise and balance your body.

Six Senses Signature massage therapies are designed with your specific needs in mind. During the spa consultation, we will select with you the most suitable massage techniques and your preferred aromatherapy blend. Whether you favour light or firmer pressure or would prefer a stimulating rather than soothing treatment, we will personalise your therapy to suit your wishes.

Six Senses Signature Massage, 60 mins / 90 mins
- Detox – an invigorating and stimulating massage with firming, toning oils to help reduce the appearance of cellulite.
- Energizer – a reviving upper body massage focusing on key areas to relieve muscle tension.
- Oriental – an integrative style of full body massage with acupressure & stretching techniques.
- Holistic – a light to medium pressure soothing massage with long, flowing movements.
- Jet Lag Recovery – a full body rebalancing massage including foot acupressure and foot mask.
- Ante-Natal – to help reduce muscle cramps and back pain and soothe the nervous system.
- Lomi Lomi – a Hawaiian massage where the therapist uses hands, arms, breathing and rhythm technique, dance and energy flow during your treatment.
- Hot Stone – a massage with warm stones to relax tight muscles and dissolve stress.

BATH RITUALS

Cleopatra Bath, 30 minutes
A true Cleopatra experience - bathe in an extravagant blend of milk, aromatherapy oils and salts to soften, nourish and beautify the skin. A truly heavenly bathing experience.

Marine Salt Bath with or without Essential Oils, 15 minutes
Marine salt therapy is the perfect way to unwind after a tired and tense day, as the tension releasing botanical extracts in the marine salt work on both body and mind to revitalize you mentally and physically. A great addition to any spa experience.

Thalasso Pool Circuit, 120 minutes
Enjoy the amazing benefits of air jets in our Thalassotherapy pool. An excellent combination with the use of the thermal suite.
**SPECIALIST THERAPIES**

- **SENSE OF INNER PEACE**
  - **Thai herbal compress, 90 minutes**
    This is an original blend of Thai massage using the classic Thai healing herbal packs containing Plai, Turmeric, Camphor, lemongrass and other herbs. While the acupressure works on the meridian lines, the heated herbal compress helps to improve the Qi flow, ease the acnes and stimulates the circulation.
  - **Reiki, 60 minutes**
    An ancient healing method developed in Japan that promotes physical, emotional, mental, and spiritual well-being by helping to release tension and energy blockages, restoring the body's spiritual health and happiness.
  - **Ear Candling, 45 minutes**
    The traditional Shamanic healers utilized this method to cleanse and harmonize the different energy fields, by using specially designed candles, which are lit and held inside the ear. This treatment will clean your ears and promote a healthy atmosphere in the ears, sinus cavities and throat.
  - **Watsu, 60 minutes**
    Watsu offers gentle stretching and massaging treatment as you float in warm water. A profoundly moving and relaxing form of passive aquatic therapy, Watsu combines the therapeutic benefits of warm water with elements from such disciplines as zen, shiatsu, yoga, and meditation.
  - **Moxibustion, 30 minutes**
    Moxibustion uses the herb Moxa, a mugwort herb, to facilitate blood flow and remove stagnation in the body. This therapy usually involves a Moxa stick, which is a large cigar-shaped roll of compressed Moxa, being held over specific points on the body.
  - **Chakra balancing with crystals, 75 minutes**
    Helps release blockages and improves the flow of energy through the body. Using a combination of manual manipulation techniques and aromatherapy the therapist focuses on each chakra point, with additional energetic support through the placement of collared and energized stones.
    
    * May be limited according to season and therapist availability – please consult the spa reception.

**ASIAN THERAPIES**

- **THE ORIGIN OF SIX SENSES**
  - **Thai Massage, 60 minutes / 90 minutes**
    Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body’s energy channels; it is offered fully-clothed and without oil to re-awaken the body’s energy flow.
  - **Tuina Massage, 60 minutes**
    A traditional Chinese acupressure massage that opens the body defensive chi and stimulates the movement of energy in both the meridians and the muscles, promoting the balancing of the body.
  - **Tibetan massage, 60 minutes**
    Re-awake your senses and immerse yourself in a state of complete calm. A Traditional Tibetan Massage is a seamless blend of acupressure, skin rolling movement and smooth but firm strokes, combined in a full body massage.
  - **Shiatsu, 60 minutes**
    This time-honoured and invigorating full body massage applies pressure along the meridian lines to release trapped energy and restore natural balance and well-being.
  - **Indian Head Massage, 45 minutes**
    Traditionally known in India as 'Champisage', this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm. Ideal when combined with the Foot Acupressure Therapy.
  - **Foot Acupressure, 45 minutes**
    Reflex points on the feet correspond to every organ and gland in the body. Through the application of pressure to these points, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Experience true relaxation when combined with the Indian Head Massage.

**BODY POLISHES & COCOONS**

- **SENSE OF RENEWAL**
  - **Enjoy a skin brightening experience using the Six Senses Skin Care products to reveal your natural glow and rejuvenate your skin. Each of this group of therapies has an in-depth effect to eliminate toxins, combat cellulite and improve circulation whilst toning and reviving the skin.**
  - **Body scrubs are proven to remove the natural build-up of dead skin cells that contribute to a dull and tired-looking complexion. Body masks and wraps work beneath the surface and have a renewal effect.**

**Six Senses Signature Scrub, 30 mins / 60 mins**
- **Sensitive skin** – jojoba scrub plus roman camomile and lavender essences.
- **Normal skin** – rice grain scrub plus ylang-ylang and patchouli essences.
- **Oily skin** – crushed coconut shell scrub plus orange and rosemary essences.

**Six Senses Signature Wrap, 60 mins / 90 mins**
- **Detoxifier** – naturally detoxifying
- **Body Toner** – uplifting, toning and firming
- **Body Refiner** – refining and nourishing, ideal for sensitive skin
REAdY MADE PAcKAGEs
THE JOURNEY OF SIX SENSES

Sense of Greece, 3 hours
- Olive grains body exfoliation
- Marine Seaweed wrap
- Zeus Power Massage
- Mediterranean antioxidant facial with Bio-olive and Tomato
Sense of De-stress, 3 hours
- Tuina massage
- Indian head massage
- Aromatherapy Bath

Sense of Balance, 4 hours
- Chakra balancing with crystals
- Reiki
- Hot stones massage
- Shiatsu
Sense of Luxury, 4 hours
- Turkish scrub bath
- Six Senses Signature massage
- Spa Manicure & Spa Pedicure
Sense of Love, 5 hours / Offered to two persons
- Six Senses Signature Massage
- Six Senses Signature Facial
- Six Senses Signature Body Polish & Cocoon
- Private spa suite
- Spa lunch & refreshments

MOTHER TO BE

0 – 3 months & 7 – 9 months
- Sensitive skin facial
- Radiance skin facial
- Thalassotherapy pool circuit
- Manicure
- Pedicure

3 – 7 months
- Pregnancy Massage
- Remineralize and rejuvenate
- Hand and feet cooling touch
- Thalassotherapy pool circuit
- Yogurt and brown sugar scrub with Royal jelly honey mask
- Reiki
- Yoga
- Aquayotics
- Sleep Enhancer

Mothers to be would be asked to confirm that they agree or have obtained their doctor approval of the proposed treatments

AYURVEDE AROMATHERAPY

Ayurveda Aromatherapy Shiroabhyang, 60 minutes
Shiroabhyang is referred to as Indian Head massage. When you massage the head you are in fact massaging the entire body, as the head is the centre of the Nervous system. Shiroabhyang, together with neck, shoulders and facial massage helps to relieve tension in the full frontal using specific marma points (energy or pranic centres)

Ayurveda Aromatherapy Padabhyang, 45 minutes
Traditional Indian Foot massage is called Padabhyang from “Pad” meaning feet, “Abhya” for surrounding “Ang”,the body. While reflexology is gentle, and therefore can easily be done without oils, the technique of Padabhyang is vigorous at times and therefore the application of oils is necessary, balancing the entire being through the feet and specific marmas (energy or pranic centres).

Ayurveda Aromatherapy Shirodhara, 45 minutes
Shirodhara is the administering of a stream of warm oil onto the third eye area of the forehead. Different oils are used for different body types in Shirodhara treatments affecting the nervous system, and balancing the physical, mental, emotional and spiritual state of being.

Ayurveda Aromatherapy Abhyang, 90 minutes
Abhyang involves the whole body being addressed with oils to match the person’s specific dosha and presenting condition right from the marmas (energy or pranic centres) on the feet through the whole body as well as specific lymphatic drainage being carried out throughout the treatment. This is the ultimate full body treatment that involves a complete balance of body, mind and soul.

All Ayurveda aromatherapy treatments include a Dosha chart consultation, 30 minutes

SPA BEAUTY - A SENSE OF TOUCH

Spa Manicure, 60 minutes
The spa manicure offers nail shaping followed by tidying and moisturising of the cuticles. The hands and arms will then enjoy a relaxing massage with a nourishing cream to restore the skin’s natural moisture and improve its texture. Nail polish application upon request.

Spa Pedicure, 60 minutes
Pamper your feet with our nail and cuticle care, then relax and enjoy a foot and lower leg massage to soften and nourish your skin. Perfect to boost the circulation and relieve tired feet. Nail polish application upon request.
Spa Beauty - A Sense of Touch (Continued)

Nail Polish Application, 30 minutes

Hair Hydration, 30 / 60 minutes
The hair and scalp are rejuvenated whilst you enjoy a relaxing foot massage. An application of nutrient-rich hair oil rehydrates the hair as the scalp is massaged. To complete this treatment, a hair mask with shea butter is applied to regulate oil production and maintain a well-balanced scalp.

*Waxing, tinting and eyebrow-shaping treatments are all available upon request. Please ask our receptionists for more details.

ACTIVITIES - ENERGIZING WITH SIX SENSES

Yoga, 60 minutes
Yoga improves the overall well-being of both body and mind through the introduction of gentle postures that are adapted to suit each guest’s physical structure. Ideal for both beginners and more advanced guests who want to learn how to counteract the physical and mental stresses of daily life.

Meditation, 30 minutes
Provides a chance to calm your mind and take time to focus on your own self. Your instructor will guide you through a sitting and walking meditation technique, allowing your mind and body to relax. You will leave the meditation session feeling relaxed and at peace with yourself.

Tai Chi, 60 minutes
Tai Chi is the Chinese healing art emphasising slow movements, allowing the mind to focus on physical posture whilst promoting and harmonising the chi flow in the body. Ideal to achieve a body and mind connection.

Pilates, 60 minutes
Pilates is a floor-based exercise to strengthen and lengthen the muscles as you learn to apply breathing technique, enabling you to achieve optimum posture and overall well-being. Pilates improves overall flexibility, lowers stress levels, flattens your stomach and trims your waist through a natural ‘girdle’ of strength.

Personal Fitness Training Programme, 60 minutes
Our qualified fitness instructor will work with you to motivate and assist you in achieving your personal health and fitness goals, whether it is cardio-vascular fitness, advanced strength, flexibility and/or weight loss.

*May be limited according to season and therapist availability – please consult the spa reception.
Spa reservations
For any enquiries or information regarding the spa, please dial extension number 6100 or press the “spa” button on your telephone display. Advance bookings are highly recommended to secure your preferred time.

Thalassotherapy Thermal Suite
Complimentary use of the Thalassotherapy Thermal Suite is offered with all spa treatments. If you wish to enjoy the facility without enjoying any of our spa treatments, a nominal fee will apply.

Preparation
We recommend that you leave all jewellery in the safe of your room before coming to the spa. The spa will not be held responsible for valuables lost within the spa. For men – please shave prior to all facial treatments to ensure that maximum results are achieved.

Arrival
Please arrive 30 minutes prior to your treatment to complete the Life Style Consultation form, to ensure you do not have any contraindication for your treatment, and to relax in our tranquil surroundings or experience the stimulating facilities prior to your treatment.

Consultation
We invite you to our spa for a private consultation to determine your needs and to allow us to design your treatment experience. Your personalized package will be tailor made with suitable treatments, techniques and products. Alternatively, one of our specially designed journeys can be selected to offer you the full flavour of the Six Senses Spa offering.

In room treatments
Selected treatments are available in the comfort of your room. We would appreciate a 6-hour notice period when booking in room treatment. In room treatments carry a 50% service charge. In room treatments include Holistic, Energiser and Oriental Massages, plus foot acupressure, Ear Candling, Foot care and Personal Training.

After your treatment
We recommend that you do not sunbathe after aromatherapy or depilatory waxing treatments for a minimum of 6 hours.

Cancellations
Please give 12 hours cancellation notice on individual treatments and 24 hour notice on packages, otherwise 50% of the treatment price may be charged to your account. For no shows, 100% of the treatment price will be charged.

Children
We love children, however, to be able to ensure a spa ambience of well-being, it is highly recommended to avoid bringing children from 0-11 years to the spa. Teenagers from 12 – 17 can enjoy our treatments under supervision of a guardian.

Payment
All treatments will be charged to your room and will appear on your account at the time of departure of the resort. This refers to guests of Porto Elounda de Luxe Resort, Elounda Peninsula All Suite resort and Elounda Mare hotel only. You are welcome to pay on the spot by credit card or cash if you prefer.

During your stay
We have a wonderful selection of nutritional juices, which can be prepared for you to enjoy after your treatment. In consideration of our other valued guests smoking and active mobile phones are not permitted in the spa indoor or outdoor facilities at any time. The use of video and photo cameras is strictly forbidden. The spa is a sanctuary of peace and harmony, please be aware of the volume of your voice and not to disturb our other spa guests.

Gymnasium
The gymnasium is open daily from 9am to 9pm. For your own personal safety we ask that shoes are worn when using the gymnasium electrical equipment. When using the gymnasium equipment, children under the age of 18 must be accompanied by an adult for safety reasons.

Doctor consultation
Doctor consultation is available on request.

A FEW SUGGESTIONS FOR YOUR COMFORT